Dr. Budwig Omega 3 CURE For Cancer

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Dr. Johanna Budwig, Omega 3 to cure Cancer: from http://www.luminet.net/~wenonah/news.htm about Omega 3 and its dangerous excess, please read the following page: m_cancer_omega_3-6.html **Healthy People Have a Higher Content of Omega3 Oils in Their Blood.**

One of the **most important and far reaching health discoveries of the Twentieth Century** is that made by Dr. Johanna Budwig, a German biochemist who is a leading European authority on fats and nutrition.Dr. Budwig has been **nominated for the Nobel Prize seven times**.She used her methods to successfully heal terminal cancer patients, people with heart diseases, arthritis and other ailments after they had been given up as hopeless by the conventional medical practitioners.Her methods were so simple that any housewife could use her techniques with no special training and with good results.

In fact, this is exactly what happened in many cases, people with serious diseases were curing themselves to the astonishment of the conventional medical practitioners.

However, in spite of the **simplicity of Dr. Budwig's discoveries**, they also reveal a profound relationship to not only the harmonious working of the human body, but man's relationship with the Cosmos itself.
To really understand her work, you will have to study her writings or the work of later nutritionists who are following in her footsteps. Please see the bibliography. However, I will just give a bare outline of her methods to give an idea of what it is all about.

In the course of her treatment of ill people, she studied blood samples to see if there is any correlation between the blood quality of ill people and healthy people.After studying thousands of blood samples, she discovered that the difference was that healthy people had a higher content of Omega3 oils in their blood than those who are ill.

Omega3 is one of the essential fatty acids, or EFAs, which is necessary for the proper functioning of the body.She experimented on finding the best ways to get the Omega3 oils properly absorbed into a person's system and ultimately found that the richest source of Omega3 oil is flax seeds.

However, only oil that has been protected from heat and oxidation, caused by oxygen and light, is sufficiently pure enough to be of benefit to human health.Oils not prepared this way quickly become rancid and are detrimental to human health.In fact, Dr. Budwig, with further research, came to the conclusion that the vast majority of chronic illnesses today are caused by the improper mass processing of foods and oils, plus poor nutrition as well as the worldwide use of dangerous pesticides, which contaminate the food.

Based on these observations, Dr. Budwig began treating her patients by giving them a combination of high quality flax seed oil, which is rich in Omega3 oil, and quark, which is something similar to cottage cheese or yogurt in that it is rich in high quality protein.Quark is difficult to obtain in the U.S, but either yogurt, cottage cheese, skim milk, soymilk or rice milk is a good substitute.(For the proper ratio of oil to protein, please see experiment.)

The reason for the mixture of the oil with a high quality protein is that by combining the protein with the oil, the oil becomes water soluble in the body and can be absorbed more readily.

It can enter the smallest capillaries, dissolving any of the undesirable fats and cleaning out the veins and arteries.It also strengthens the heart, dissolves tumors and cures arthritis.It sounds like a lot, but it really works.Dr. Budwig worked with many patients who were terminally ill and some who had only hours to live.She gave them the combination of oil-protein plus organic foods, plus exercise, fresh air and used the healing powers of the sun to cure these "hopeless" cases that sometimes started to show improvement within days.Following is a quote from one of her books:

“I often take very sick cancer patients away from hospital where they are said to have only a few days left to live, or perhaps only a few hours. This is mostly accompanied by very good results.The very first thing, which these patients and their families tell me, is that in the hospital, it was said that they could no longer urinate or produce bowel movements.They suffered from dry coughing without being able to bring up any mucous.Everything was blocked.It greatly encourages them when suddenly, in all these symptoms, the surface-active fats, with their wealth of electrons, start reactivating the vital functions and the patient immediately begins to feel better.

It is very interesting to ask how this sudden change is possible.It has to do with the reaction patterns, with the character of electrons. (Zeta Potential)

Dr. Budwig’s cures are well documented and have stood the tests of opposition from the conventional medical establishment.

Although there are many excellent doctors and nutritionists who are following in her footsteps, I am especially fond of Dr. Budwig’s approach to things because she is not only a brilliant scientist and researcher, but also a high-minded idealist who approaches the subject also from a philosophical and spiritual point of view.Unfortunately, only two of her books that I know of have been published in English.Please see the bibliography.

One of the significant aspects of Dr. Budwig’s work is that she has discovered, (or rather rediscovered) the affinity of the human body with the sun.If the body has the right balance of oils and proteins, it has a magnetic field, which attracts the photons in sunlight and thus is open to the healing powers of the sun.I tried Dr. Budwig’s methods for general health improvement, and I was amazed that within even less than the three days she predicted, I felt an incredible improvement in so many areas that it would take too much time to describe it here.I then recommended it to several members of our Ashram and those who took it seriously had similar experiences to mine.

We all felt an increased feeling of general well-being, a feeling of lightness, more energy, better circulation and, when in the sun, I felt the healing power of the sun affecting my skin much differently than before.Also, every week or two, I become aware of feeling better in different ways.Old aches go away, my skin improves and I am able to do things better.

One woman felt so good about it that she gave it to her children and said that right away she could see improvements in their skin tone.As she spoke, I saw that her own skin had more color and was radiant.And this was only about two days after she started taking the oil-protein combination.